

## Mental Health Services

### What is the service?

- The Mental Health Division (MHD) of the Washington State Department of Social and Health Services is the state agency responsible for providing publicly funded mental health services. Services in Washington State are administered through 14 Regional Support Networks (RSN), they include:
  - Mental Health Crisis Services
  - Outpatient Mental Health Services
  - Inpatient Mental Health Services: Community Hospitals, Freestanding Evaluation and Treatment Centers, Adult State Hospitals and Children's Long-term Inpatient Programs
  - Involuntary Treatment Services
- The MHD collaborates with state and local government, private and public agencies, as well as Tribes and other Department of Social and Health Services divisions (DSHS) to ensure that the needs of women and children with mental illness are met.
- MHD's website can be viewed at:  
<http://www1.dshs.wa.gov/mentalhealth/index.shtml>.

### How/where provided?

#### Mental Health Crisis Services

##### Description

- Crisis intervention and emergency assistance in person and via the phone for mental health crises

##### Eligibility

- No limit on eligibility to call—available to all state residents

##### Served

- 39 crisis lines are operated, one for each county  
- Information on number of calls made using the crisis line is not available (calls are logged differently in each county).  
- Other crisis services provided by mobile crisis teams, crisis diversion beds, etc. Crisis services such as these also vary from county to county in terms of documentation, making aggregate numbers of accessed crisis services unavailable.

## **Outpatient Mental Health Services**

### Description

Services include: day support, family treatment, group treatment services, high intensity treatment, individual treatment services, intake evaluation, medication management, medication monitoring, peer support, psychological assessment, rehabilitation case management, special population evaluation, stabilization services, and therapeutic psychoeducation.

### Eligibility

- Adults  $\geq 19$  who are Medicaid recipients are eligible to be assessed for mental health services
- Children  $< 19$  who are Medicaid recipients are eligible to be assessed for mental health services
- The RSN must determine that a person meets the medical necessity criteria, access to care standards, or has a mental disorder requiring treatment in order to access services.

### Served

- 126,867 people in Washington State used mental health services in 2003 <sup>2</sup>
- 37,547 were children ages 0-17 <sup>1,2</sup>

## **Inpatient Mental Health Services**

### Description

- Community Hospitalization
- Free standing Evaluation and Treatment Facilities (E&Ts)

### Eligibility

- Adults  $\geq 18$  who are Medicaid recipients who are evaluated by the RSN as needing hospital care due to a mental health crisis.
- State funding is available for inpatient services for some persons not eligible for Medicaid.

### Served

- 8,444 people in Washington State were hospitalized in community hospitals and free standing E&Ts for mental health conditions in 2003<sup>2</sup>
- 939 were children ages 0-17 <sup>1,2</sup>

## **Children's Long-term Inpatient Program (CLIP)**

### Description

- Long-term residential treatment for children experiencing severe psychiatric conditions and in need of inpatient care.

<sup>1</sup> Majority of children utilizing public mental health services are between the ages of 10 to 17

<sup>2</sup> Washington State Department of Social and Health Services, Mental Health Division, "State-Wide Publicly Funded Mental Health Performance Indicators". December 2004

### Eligibility

- Any child up to the age of 17 with a severe psychiatric illness whose needs cannot be met in the community.
- Medicaid medical necessity criteria must be met.
- All children admitted to CLIP are eligible for Medicaid during their treatment stay.

### Served

- 91 beds statewide<sup>3</sup>
- 4 sites: Tamarack (Eastern Washington), Pearl Street Center, McGraw Child Study and Treatment Center (Western Washington)<sup>3</sup>
- 212 children were served in July 1 - June 30, 2003<sup>1,3</sup>
- 2002 CLIP report indicated 41% of children waited between 30 and 60 days before admission, and 39% waited less than 30 days.<sup>3</sup>

## **Adult State Hospitals**

### Description

- Long-term residential treatment for adults experiencing severe psychiatric conditions and in need of inpatient care.
- Residential treatment is provided at both Eastern State Hospital and Western State Hospital.
- Services provided by Western State Hospital: Center for Adult Services (adults ages 18 to 59), Center for Geriatric Services (adults 60 years of age and older), Center for Forensic Services (alleged and convicted criminals), Program for Adaptive Living Skills (transition to community), Rehabilitative Services (recreational, speech, and audiology therapy), Support Services, and Mental Health Ombudsman.
- Services provided by Eastern State Hospital: Adult Psychiatric Unit (adults ages 18 to 59), Center for Geropsychiatric Services (adults ages 50 and over), and the Forensic Services Unit (alleged and convicted criminals.)

### Eligibility

- Medicaid recipients  $\leq 185\%$  FPL
- Any adult committed through the judicial system under RCW 10.77 or civilly committed through RCW 71.05, commitment is based upon the presence of grave disability from mental illness. The process must be initiated by a County Designated Mental Health Provider (CDMHP.)
- Voluntary admissions can be done only at Western State Hospital.

### Served

- Eastern State Hospital Total Beds: 274<sup>4</sup>
- Western State Hospital Total Beds: 883<sup>4</sup>
- Admissions to Eastern State Hospital from July 1, 2003 – June 30, 2004: 940<sup>4</sup>
- Admissions to Western State Hospital from July 1, 2003 – June 30, 2004: 1,506<sup>4</sup>

<sup>3</sup> Washington State Department of Social and Health Services, CLIP Administration, "CLIP Summary Report 1991-2002". December 2003

<sup>4</sup> Washington State Department of Social and Health Services, Mental Health Division, "Capacity and Demand study for Inpatient Psychiatric Hospital and Community Residential Beds – Adults and Children". November, 2004

## **Involuntary Treatment Services**

### Description

- Involuntary treatment orders for people experiencing severe mental illness that may result in the harming of themselves or others.
- Involuntary treatment is done through the courts and must be ordered based on the recommendations of a CDMHP.
- Involuntary treatment may occur on an outpatient or inpatient basis.

### Eligibility

- Available for children between the ages of 13 to 17, and adults 18 and older.
- Must be determined by a CDMHP to present a likelihood of serious harm to self or others, or is gravely disabled.
- Used when voluntary inpatient services are not possible (refusal of patient to go voluntarily)
- Some state funding is available for those not eligible for Medicaid, or for those without private insurance or other means to pay.

### Served

- 2,404 people in Washington State were involuntary committed to an inpatient facility for treatment in 2003 <sup>4</sup>
- Of the 212 children admitted for inpatient mental health treatment in 2003 <sup>2</sup>, 96 children were involuntarily admitted to CLIP facilities. <sup>1,3</sup>

## **Who is receiving the service?**

*Percent of Patients Receiving Publicly Funded <sup>5</sup>Outpatient Mental Health Services <sup>6</sup>, Youth (0 – 17 yrs) <sup>1</sup>, Fiscal Year July 2002 – June 2003 <sup>2</sup>*

<b>RSN</b>	<b>Number of Patients Served</b>	<b>Population (0-17)</b>	<b>Percent Served</b>
Northeast	572	19,106	3.0%
Grays Harbor	811	17,251	4.7%
Timberlands	967	23,601	4.1%
Southwest	1,224	24,905	4.9%
Chelan/Douglas	846	28,238	3.0%
North Central	883	40,943	2.2%
Thurston/Mason	1,427	64,146	2.2%
Clark	2,403	98,985	2.4%
Peninsula	1,729	81,372	2.1%
Spokane	2,922	107,500	2.7%
Greater Columbia	5,341	172,625	3.1%
Pierce	4,408	190,569	2.3%

<sup>5</sup> Includes services funded by both Medicaid and Washington State dollars

<sup>6</sup> Unduplicated number of Medicaid enrollees accessing Medicaid mental health services.

North Sound	6,064	254,406	2.4%
King	8,462	390,646	2.2%
Statewide	37,547	640,716	2.5%

*Percent of Patients Receiving Publicly Funded<sup>5</sup> Outpatient Mental Health Services<sup>6</sup>, Adults (18-59 years), July 2002 – June 2003<sup>2</sup>*

RSN	Number of Patients Served	Population (18-59)	Percent Served
Northeast	1,284	36,728	3.5%
Grays Harbor	1,285	36,493	3.5%
Timberlands	2,489	48,759	5.1%
Southwest	3,175	51,765	6.1%
Chelan/Douglas	1,670	53,716	3.1%
North Central	1,670	69,238	2.4%
Thurston/Mason	3,042	150,573	2.0%
Clark	4,012	201,831	2.0%
Peninsula	4,315	183,899	2.3%
Spokane	5,701	243,787	2.3%
Greater Columbia	10,011	337,983	3.0%
Pierce	9,246	414,860	2.2%
North Sound	10,991	570,893	1.9%
King	19,432	1,106,531	1.8%
Statewide	76,339	3,507,056	2.2%

*DSHS Mental Health Service Use Totals<sup>7,8</sup>, July 2002 – June 2003<sup>3,9</sup>*

Service	Adults (18-59)		Youth (0-17) <sup>1</sup>	
	Number Served	Use Rate	Number Served	Use Rate
Children's Long-term Inpatient Program	1	-	212	-
Community Inpatient Evaluation and Treatment	6,671	0.2%	944	0.1%
Community Services (Outpatient)	78,883	2.0 %	37,071	2.4%
Adult State Hospitals (Institutions)	2,983	0.1%	4	-

## Issues/Concerns

- Mental health funding has not kept up with population pressure and the increased cost of delivering public mental health services.

<sup>7</sup> Duplicated number of services accessed by Medicaid enrollees

<sup>8</sup> Rates are calculated based on population totals for age-specific groups in Washington State

<sup>9</sup> Washington State Department of Social and Health Services. "DSHS Services and Clients – 2003" Website Accessed: <http://www1.dshs.wa.gov/rda/research/clientdata/2003/default.shtm> . Website accessed July 1, 2005